



Introduces ...

The One Pot Wonder Plan

The ultimate in convenience for your busy family!

It's as easy as 1-2-3!

1	2	3
Choose one Casserole Dinner	Choose one Crockpot Dinner	Choose one Soup or Stew Dinner
Eggplant Parmesan Lasagna K Chiles Rellenos Casserole K * Mexican Quiche Italian Quiche Philly Quiche - ham, cheddar K BBQ Chicken Potpie K Emeril's Chicken Potpie ** Red Beans and Rice K Cowboy Casserole –Beef, Beans and Bacon Chicken, Artichoke and Rice Casserole Chicken Divan K Granny's Beef and Cheddar Macaroni Italian Zucchini Pie (veg) K Tex-Mex Mac and Cheese K Martha Stewart's Mac & Cheese Moussaka – beef or veg.version K Taco Rice Skillet	** Red Beef Chili * North Carolina Style Shredded Pork Barbecue Beef or Pork Fajitas White Chicken Chili Chicken Cacciatore Best Ever Beef BBQ Chinese Chicken Classic Pot Roast with Veggies Taco Casserole Italian Style pot Roast Corn Chowder Swiss Steak Crockpot Cassoulet- chicken, white beans and sausage Cuban Pork Roast German Pot Roast Green Tomatillo Chicken Stuffed Pepper Soup Beef Stew Salsa Verde Shredded Beef Beef Brisket w/ Smokin' BBQ Sauce Apple and Brown Sugar Corned Beef (carrots, cabbage and potatoes) Rioja Chicken German Beef Stew w./ Veggies Beef Short Ribs, Pacific Style	German Style Beef Stew Classic Beef & Veggie Stew Butternut Squash Crab and Corn Chowder Chicken and Corn Chowder ** Spicy Black Bean Tomato Carrot Bisque Vegetable Soup Minestrone Soup Italian Wedding Soup ** Moroccan Lentil Soup Tomato Basil Soup Pumpkin Chili * Red Lentil Soup Roasted Red Pepper Soup Roasted Winter Veggie Soup Tomato Basil Soup Rosemary White Bean Soup Southwest Vegetable Soup * Spicy Pizza Soup Spicy Pumpkin Soup Split Pea Soup Stuffed Pepper Soup Sweet Onion Bisque Toscana Soup – Sausage/Kale Tuscan Vegetable Soup White Chicken Chili Wild Rice Chowder Vegetarian Hot and Sour Soup

Want to know more?

The Abra...ca...dinner Family Dinner Plan is an all-inclusive service at the rate of **\$295 per date**.

All three dinners are packaged family style, and each meal will serve at least 4 people.

Everything is *included*: Groceries, In Your Home Meal Preparation, Packaging and Heating Instructions.

Chef Kris can come to your home as often as you like. (One Time, Bi-Weekly, Monthly) The choice is yours!

Have questions?

Want to reserve your date?

Call Chef Kris Today!

302.228.6125

Abra...ca...dinner! Personal Chef Service LLC

email: keats1947@aol.com www.abracadinner.com www.dinnerNmassage.com